



Catfish Po'Boys



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



610 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups bagged broccoli coleslaw
- ☐ 1 tablespoon cajun spice (such as McCormick)
- ☐ 1 pound catfish fillets cut into 2 1/2-inch pieces
- ☐ 2 tablespoons mayonnaise fat-free
- ☐ 2 tablespoons milk fat-free
- ☐ 1 Dash pepper red crushed
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon cup heavy whipping cream fat-free sour

- ☐ 10 ounce hoagie rolls with sesame seeds, toasted
- ☐ 1.5 teaspoons sugar
- ☐ 2 teaspoons vegetable oil
- ☐ 1 tablespoon citrus champagne vinegar
- ☐ 0.3 cup cornmeal yellow

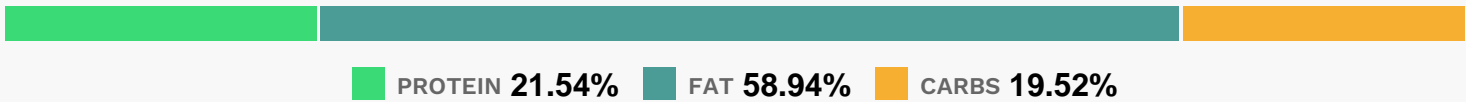
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ziploc bags

Directions

- ☐ Combine milk and catfish in a large bowl, tossing gently to coat.
- ☐ Remove fish from bowl; shake off excess milk.
- ☐ Sprinkle fish with salt.
- ☐ Combine cornmeal and Cajun seasoning in a large zip-top plastic bag.
- ☐ Add fish to bag. Seal and shake to coat.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add fish; cook 3 minutes on each side or until fish flakes easily when tested with a fork.
- ☐ While fish cooks, combine vinegar and next 4 ingredients (vinegar through pepper) in a medium bowl.
- ☐ Add broccoli coleslaw; toss well to coat. Spoon 1/2 cup slaw mixture onto bottom half of each roll. Arrange fish evenly over each serving, and top with top halves of rolls.

Nutrition Facts



Properties

Glycemic Index:55.46, Glycemic Load:8.43, Inflammation Score:-9, Nutrition Score:48.072608844094%

Nutrients (% of daily need)

Calories: 609.85kcal (30.49%), Fat: 41.86g (64.4%), Saturated Fat: 6.31g (39.44%), Carbohydrates: 31.21g (10.4%), Net Carbohydrates: 21.16g (7.69%), Sugar: 3.16g (3.51%), Cholesterol: 66.9mg (22.3%), Sodium: 427.27mg (18.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.42g (68.84%), Copper: 3mg (149.83%), Manganese: 2mg (99.87%), Vitamin D: 14.26µg (95.05%), Magnesium: 304.26mg (76.06%), Phosphorus: 759.54mg (75.95%), Calcium: 753.19mg (75.32%), Iron: 11.85mg (65.83%), Vitamin C: 53.49mg (64.83%), Selenium: 41.42µg (59.16%), Vitamin B1: 0.88mg (58.43%), Zinc: 6.74mg (44.91%), Vitamin B6: 0.88mg (44.14%), Vitamin B12: 2.58µg (43.02%), Fiber: 10.05g (40.2%), Folate: 124.93µg (31.23%), Vitamin B3: 6.16mg (30.79%), Potassium: 1015.04mg (29%), Vitamin A: 1181.39IU (23.63%), Vitamin B2: 0.37mg (21.8%), Vitamin B5: 1.34mg (13.35%), Vitamin K: 7.32µg (6.97%), Vitamin E: 0.92mg (6.13%)